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Expressing feelings and emotions in english pdf

Expressing emotions and feelings is part of our life, and it is something everyday. For every English learner, it is very important to know how to express emotions to communicate well. We are humans. As a result, it is natural that our moods may change several times during the day. Here, in this lesson, I will present to you some of the expressions and adjectives that you can use to express your feelings and emotions. We can use adjectives ending with /ed/ to express emotions and feelings.

Meaning: Amused finding something funny or entertaining. Satisfied Feeling pleased Motivated To feel energized to do something. Fascinated Very interested. Interested Giving your attention to something. Relaxed Very calm. Attracted loving something so much. Examples of using expressing positive emotions in English: She is very happy with what you did. I'm quite interested in your project. They are really relaxed here. I think I will take a nap too. Negative feelings and emotions (-) Meaning: Disappointed It means sad and displeased. Shocked Very surprised. Annoyed A bit angry at something. Disgusted It means a strong feeling of dislike and disapproval. Embarrassed A feeling of shyness, especially in front of people. Worried Thinking about unpleasant things that happened or might happen in the future. Bored A feeling of tiredness and lack of interest. Surprised The feeling caused by something that happened suddenly. Examples of using expressing negative emotions in English: I'm disappointed with the test result. When I stand in front of people, I feel embarrassed. I was absent yesterday. I'm really worried. We can also use adjectives ending with /ing/ in order to describe places and activities. Positive adjectives (+) to describe places and activities: Amusing Satisfying Motivating Fascinating Interesting Relaxing Attracting/ attractive Negative objectives (-) to describe places and activities: Disappointing Shocking Annoying Disgusting Embarrassing Worrying Boring Surprising Examples to describe activities and places in English: Playing football is really amusing. Your jump was really surprising. Some classes are very boring. Feelings Question Your answer: Correct answer: You got {{SCORE_CORRECT}} out of {{SCORE_TOTAL}} Click To Move To Exercises Page 2 Expressing an apology - An apology (the verb is apologize) is a statement or an expression such as "I'm sorry" that you say when you do something wrong or something that causes a problem. In everyday life, we make a lot of mistakes. Making apologies is what can help us fix these mistakes. In English, there are many ways you can apologize. It all depends on the situation. There are formal situations when you are talking with someone whom you show respect and deference such as a director, boss, or someone you don't know. There are informal situations when you are talking with friends or family members ...etc. In informal situations, we can use some of these expressions: Informal apologies in English I'm sorry about + verb + (ing) I'm so sorry I really apologize for + noun or verb + (ing) Sorry Sorry for that Please forgive me, I didn't mean it Responding to an apology in English in informal situations That's OK That's fine It's no big deal No problem These things happen In formal situations, we can use some of these expressions: Formal apologies in English I apologize for + verb + (ing) I'm terribly sorry for + verb + (ing) I'm terribly sorry for + noun I owe you an apology My sincere apology about + verb + (ing) I'm awfully sorry for + noun deeply regret that Responding to an apology in English in formal situations That's quite all right Please don't worry about it. I accept your apology. Accepting responsibility I promise it won't happen again She said she will be more careful next time I will do my best not to repeat it He will try as hard as I can to fix this Please, be assured that this will never happen again Examples of making and responding to an apology in English. A: why are you late? We almost finished the meeting. B: I'm terribly sorry, I had a car accident. A: why didn't you bring me my money? B: I'm so sorry my friend. I really had to pay the rent. Next Thursday. A: My sincere apologies for the mistake I made. Please be assured that this will never happen again. B: That's quite all right. Apology Question Your answer: Correct answer: You got {{SCORE_CORRECT}} out of {{SCORE_TOTAL}} Click To Move To Exercises Page 3 Expressing a promise - A promise is to tell someone that you will or will not do something, or something will happen. Unlike other functions, there are a few expressions in English that can be used to indicate promise. People basically make promises because they want to please others or to make themselves feel worthy by doing something. There are many expressions you can use to ask other people to make your promises. Asking for a promise - Promise me that you will + verb +? - Will you + verb (infinitive)? - I want you to promise me that you will + verb (infinitive) + - Swear a God that you will + verb (infinitive) - Is this a promise? - Promise? - Give me your word that you will + verb (infinitive) + - Making a promise - I will definitely + verb (infinitive) + - She promised me she will + verb (infinitive) + - I swear to God that I will + verb (infinitive) + - It's a promise that I will + verb (infinitive) + - It's a promise. - You have my word Here are some expressions that you can use to make promises to people: Example of expressing promise in English A: will you promise to take me to the cinema if I finish all my homework? B: I promise. A: give me your word that you give me some money if I helped you out with this. B: I will definitely give it to you. Just do it. A: you will bring me a bike if I got good grades. Is this a promise? B: yes, my son. You have my word. A: swear to God that you give me my money back at the end of this month. B: I swear to God that I will. Promise Question Your answer: Correct answer: You got {{SCORE_CORRECT}} out of {{SCORE_TOTAL}} Click To Move To Exercises To download and print this free English phrases list, click here. Feel free to leave a comment if you find any errors or if you have any suggestions to make to improve this lesson. Learn useful Idioms to Express Feelings and Emotions in English with meaning and examples. List of Idioms to Express Feelings and Emotions All the Rage Meaning: Very much in fashion Example: Yoga pants are all the rage in North America right now, but in two years probably nobody will be wearing them. Meeting of the Minds Meaning: Strong instinctive agreement on something Example: At first the negotiations weren't going well, but when the president of the company and I sat down over drinks, we had a real meeting of the minds. Scare the Living Daylights out of Someone Meaning: Frighten someone severely Example: I know my boyfriend was just trying to be nice, but when I opened the door to my apartment and everyone yelled "Surprise!" it scared the living daylights out of me. Out of Sight, Out of Mind Meaning: When you don't see something or someone, you tend to forget about that thing or person. Example: When I broke up with Jake, I was heartbroken. But since he moved away, I hardly ever think about him. Out of sight, out of mind! Tear-Jerker Meaning: A film or book that makes you cry Example: The film "Love Story," with its story of young love cut short by death, was one of the most successful tear-jerkers of all time. Pet Peeve Meaning: A small thing that you find particularly annoying Example: My pet peeve is people who bring large numbers of items to the express checkout at the supermarket. Pull Yourself Together Meaning: Control your emotions; recover from a strong emotional upset Example: I know it was hard seeing your ex-boyfriend at the bar, but you need to pull yourself together so we can go home. Get Carried Away Meaning: Become overly enthusiastic Example: Sure, you can invest a little money, but don't get carried away - you'll lose lots of money on the stock market. Think Big Meaning: Consider ambitious plans; avoid becoming overly concerned with details Example: Sales this year have been good. Caitlin said we should think big and consider whole new product lines. Not Playing with a Full Deck Meaning: Stupid, mentally deficient or impaired Example: John's suggestions in the meeting were ridiculous. Sometimes I think he's not playing with a full deck. Note: "A few bricks short of a load" is one of many variants. Under the Impression Meaning: Believing something, perhaps mistakenly Example: I was under the impression that you were going to pick me up at the airport. Out of Sorts Meaning: Slightly ill; not feeling well Example: Sorry I was so quiet during the meeting. I've been out of sorts all day. Short Fuse Meaning: A quick temper; a tendency to anger quickly Example: Brandon has a short fuse, but he calms down as quickly as he gets angry. Off One's Rocker Meaning: Crazy, nuts, insane Example: Have you heard Dmitri is going to try to climb Mt. Rinjani in the rainy season? He must be off his rocker. Bang One's Head Against the Wall (Against a Brick Wall) Meaning: Try repeatedly to do something without making progress Example: Susana has been working on the data for three hours, but she says she's just banging her head against the wall. Young at Heart Meaning: Having a youthful outlook, regardless of age Example: Jack is young at heart. He's 84 years old, but he's always willing to go out dancing. Take It Easy Meaning: Don't hurry; relax; don't get angry Example: I've been working too hard. I just want to head for the islands and take it easy for a few days. Passing Fancy Meaning: A temporary interest or attraction Example: Many people thought Uggs were just a passing fancy, but they've been popular for several years now. ... Useful Idioms to Express Feelings and Emotions ... On the Ball Meaning: Prepared, alert, competent Example: Ralph is on the ball. I think we can leave the office under his supervision for a few days. On the Fence Meaning: Undecided between two choices Example: I'm on the fence about the election - both candidates have their good and bad points. Living in Cloud Cuckooland Meaning: Having unrealistic or foolish beliefs or plans. Example: Norma thinks she's going to be making \$100,000 euros by next year. She's living in cloud cuckooland. Mad as a Hatter Meaning: Mentally ill, psychotic Example: Gerald used to be one of the most logical people I know. Now he's mad as a hatter. Note: This is rare in the USA. Freudian Slip Meaning: Accidental use of an incorrect word; a revealing slip of the tongue Example: That was a real Freudian slip when Jane referred to her boyfriend as her father. Fly off the Handle Meaning: To become suddenly enraged Example: How was I to know Tom would fly off the handle when I asked him about his father? Draw a Blank Meaning: Be unable to remember something Example: I drew a blank when she asked me to name all of her sisters. Drive Someone Up the Wall Meaning: Deeply irritate someone Example: When Marie hums at her desk, it drives me up the wall. Note: Some people also say "I drives me up a wall." Down in the Dumps Meaning: Depressed, sad Example: You've been down in the dumps all week. Let's go to the football game - that'll cheer you up. Chuck a Wobbly Meaning: To act in an emotional way Example: I know you're upset. But don't chuck a wobbly in your meeting with the boss; he won't like it. Note: You can also say "throw a wobbly." Cock-A-Hoop Meaning: Elated, excited Example: Fans are cock-a-hoop about the team's acquisition of the new striker. Blow One's Stack Meaning: To lose one's temper and explode in anger Example: I swear, if Cindy asks me about the tickets one more time, I'm going to blow my stack. At the End of One's Rope (Tether) Meaning: Running out of endurance or patience Example: Amber keeps whistling in the office. She doesn't even realize she's doing it, but I'm at the end of my rope. At Wit's End Meaning: Frustrated because all measures to deal with something have failed Example: I'm at my wit's end trying to deal with the insect infestation - nothing I've tried has worked. Air Rage Meaning: Angry behavior inside an airplane Example: Most people are calm on long plane flights, but once in a while you have to deal with air rage, usually fueled by alcohol. Act One's Age Meaning: To be mature, not childish Example: I don't care if Amber did steal your doll. That's enough crying. Act your age! English Idioms to Express Feelings and Emotions | Image Source: Sometimes you will need to express emotion such as joy or sorrow to the person you're talking to. This page will list the different ways of expressing feelings in English. Alternative Ways of Expressing Feelings Asking about Feelings To ask about feelings you can use the following questions: How are you feeling today? You look sad/upset. Are you OK? You seem a little bit distracted. Are you alright? You seem kind of low today. What's wrong? You seem a little blue today. What's the matter? What's wrong? Are you OK/alright? Are you happy/angry...? Is everything OK/alright...? Expressing Feelings To respond to a question about feelings you can use the following expressions. I feel a little sad/happy/angry/... I am a little sad/happy/angry/... To be honest, I'm a little bit sad/happy/angry/... I've been a difficult day. The thing is that I am angry/sad/... I am mad at him/her... Vocabulary about Feelings Sad/unhappy Feel blue Feel low/down Depressed Downhearted Angry Cross Annoyed Irritated Mad Furious Vexed Indignant Irate Seething How to Express Feelings | Infographic Feeling is an emotion which is the experience in the heart or the sense of touch. Feelings are usually reactions. There are a lot of emotional states that we experience, but not actually name all these feelings correctly. Below is a list of common feelings that you can learn with images and pronunciations. You can also find many games, puzzles, flashcards, tests and puzzles to learn feelings in English. Pictures feelings in English with pronunciations The following is a list of feelings and emotions vocabulary in English with images and pronunciations. Click on any picture to listen to the pronunciation. The browser you are using does not support HTML5 audio playback. Sorry. Pleasant feelings happy good strong reliable interested kind great lucky thankful satisfied glad cheerful energetic optimistic wonderful calm peaceful comfortable pleased clever surprised content quiet relaxed loving sensitive tender close loved eager keen determined excited optimistic confident understanding confident easy amazed free sympathetic satisfied joyous fortunate delighted overjoyed ecstatic merry elated jubilant playful courageous liberated impulsive spirited thrilled at ease encouraged serene bright blessed considerate affectionate devoted passionate admirable warm touched comforted concerned affected fascinated interested inquisitive engrossed curious earnest intent anxious inspired enthusiastic bold brave daring challenging hopeful sure rebellious unique dynamic tenacious hardy secure Unpleasant feelings unhappy sad alone hateful unpleasant terrible bad confused upset shy angry bored afraid fearful terrified hurt nervous scared worried lonely upset aggressive depressed discouraged guilty dissatisfied miserable doubtful uncertain indecisive embarrassed hesitant unsure uneasy pessimistic tense helpless hesitant frustrated distressed indifferent insensitive dull suspicious anxious alarmed frightened restless doubtful humiliated tearful desperate pessimistic irritated hostile insulting annoyed offensive resentful cross indignant lousy powerless detestable despicable disgusting in despair sulky skeptical distrustful misgiving incapable fatigued vulnerable despair woeful pathetic weary cold lifeless timid shaky threatened cowardly wary deprived offended afflicted heartbroken alienated sorrowful anguish desolate Here is a flashcard exercise to learn feelings and emotions vocabulary online. Guess the name of the feeling and click on the card to see the answer. Flipping the card game about feelings and emotions Click on a card to open it and you will see the name of a feeling. Try to guess the meaning of it in your own language. Images of feelings and emotions vocabulary Here is a picture quiz about feelings and emotions. Select the name of the feeling from the list according to the image. Every correct answer will add 10 points to your score. The following is a vocabulary listening test about feelings and emotions. First listen to the audio by clicking the play button. Then select the corresponding picture from the list. This is a writing test about feelings and emotions. In this test practice first look at the picture and type the name of the feeling into the input box. Here is a vocabulary listening and spelling test about feelings and emotions. First listen to the audio. Then type the name of the feeling into the text box correctly. 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